



Detailed evaluation

Rücker, Alex

Total time: 1:58:23

Club: BERLIN

Number: 764

Course: 32.69 km

Rank in course/Total: 282 (of 318)

Jedermann/Sprint

Rank in course/Men: 210 (of 226)

Best time in course: 1:14:36

Category:

Rank in category: 37(of 40)

AK4 / TM 35

Best time in the category: 1:19:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.70	22:04	31:31	35	8:30	195	10:32	0.70	22:04	31:31	35	8:30	195	10:32
Wechsel S -> R	0.26	3:50	14:44	33	2:11	172	2:30	0.96	25:54	26:58	37	10:15	196	12:56
Schwimmen Total	0.96	25:54	26:58	37	10:15	196	12:56	0.96	25:54	26:58	37	10:15	196	12:56
Rad netto	28.00	1:00:23	2:09	36	14:52	198	15:04	28.96	1:26:17	2:58	37	23:29	201	26:14
Wechsel R -> L	0.13	3:50	29:29	39	2:58	221	3:12	29.09	1:30:07	3:05	37	26:02	202	29:25
Rad Total	28.13	1:04:13	2:16	37	17:25	206	18:11	29.09	1:30:07	3:05	37	26:02	202	29:25
Lauf	3.60	28:16	7:51	38	14:48	219	15:01	32.69	1:58:23	3:37	37	39:15	211	43:47